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TRAUMA INFORMED PSYCHOLOGICAL EMPOWERMENT PROGRAMS (TIPEP) FOR MILITARY FAMILIES

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Overview

- Military families are the experts on their own lives, needs, options, and solutions.
 - *But they face unprecedented challenges that require new knowledge and skills*
- TIPEP (Trauma Informed Psychological Empowerment Programs) Affirm Families' Expertise & Provide Skills and Knowledge
- Outcomes = Enhanced communication, safety, growth, involvement, connectedness



A two-word Definition of Trauma Informed Psychological Empowerment (*TIPEP*)

ASK US

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Psychological Empowerment = ASK US

- **A** : Affirmation of Strengths & Connections
- **S** : Skills for Communication & Achievement
- **K** : Knowledge about Trauma & Resilience
- **U** : Understanding the Challenge of Recovery
- **S** : Solutions that Highlight a Path to Success



ASK US

Military Families Cope with ...

- Traumatic Uncertainty
- Traumatic Loss
- Vicarious Trauma



TIPEP is a Collaboration among ...

- Families / Personnel
lived experience
- Scientists
evidence-informed practices
- Clinician Educators
skillful applications

3 Evidence-Based TIPEP Models

- **Seeking Safety**

www.seekingsafety.org

- **TREM ~ Trauma Recovery & Empowerment Model**

www.communityconnectionsdc.org

- **TARGET ~ Trauma Affect Regulation: Guide for Education & Therapy**

www.advancedtrauma.com

How Does TIPEP Increase Military Families' Knowledge?

Explaining Trauma, Resilience &
Recovery in New Ways that are
Empowering

The Brain

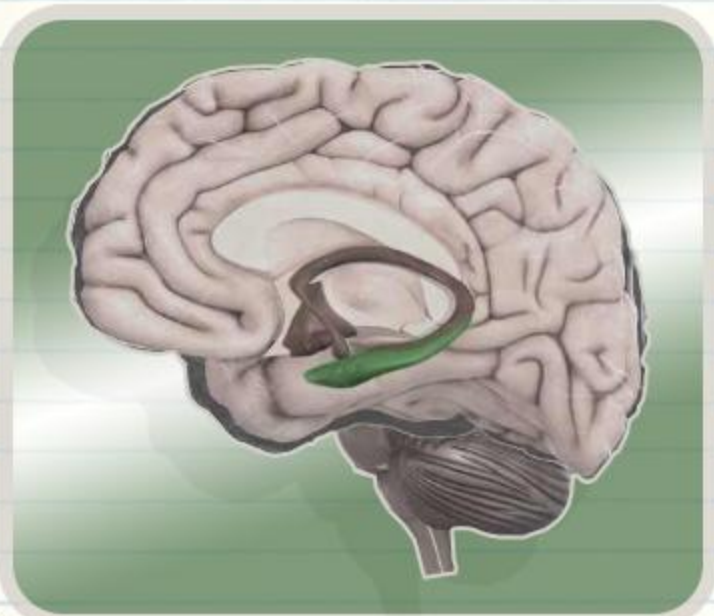
ALARM SYSTEM



(amygdala)

The Brain

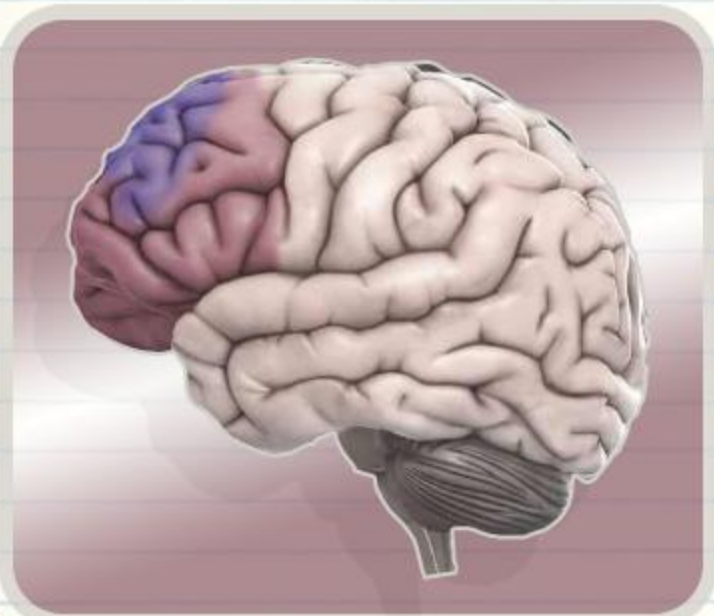
FILING CENTER



(hippocampus)

The Brain

THINKING CENTER



(prefrontal cortex)

The Brain Under Normal Stress

The Brain & Body Working Together

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The Brain Under Normal Stress



The Brain Under Extreme Stress

The Alarm Takes Control

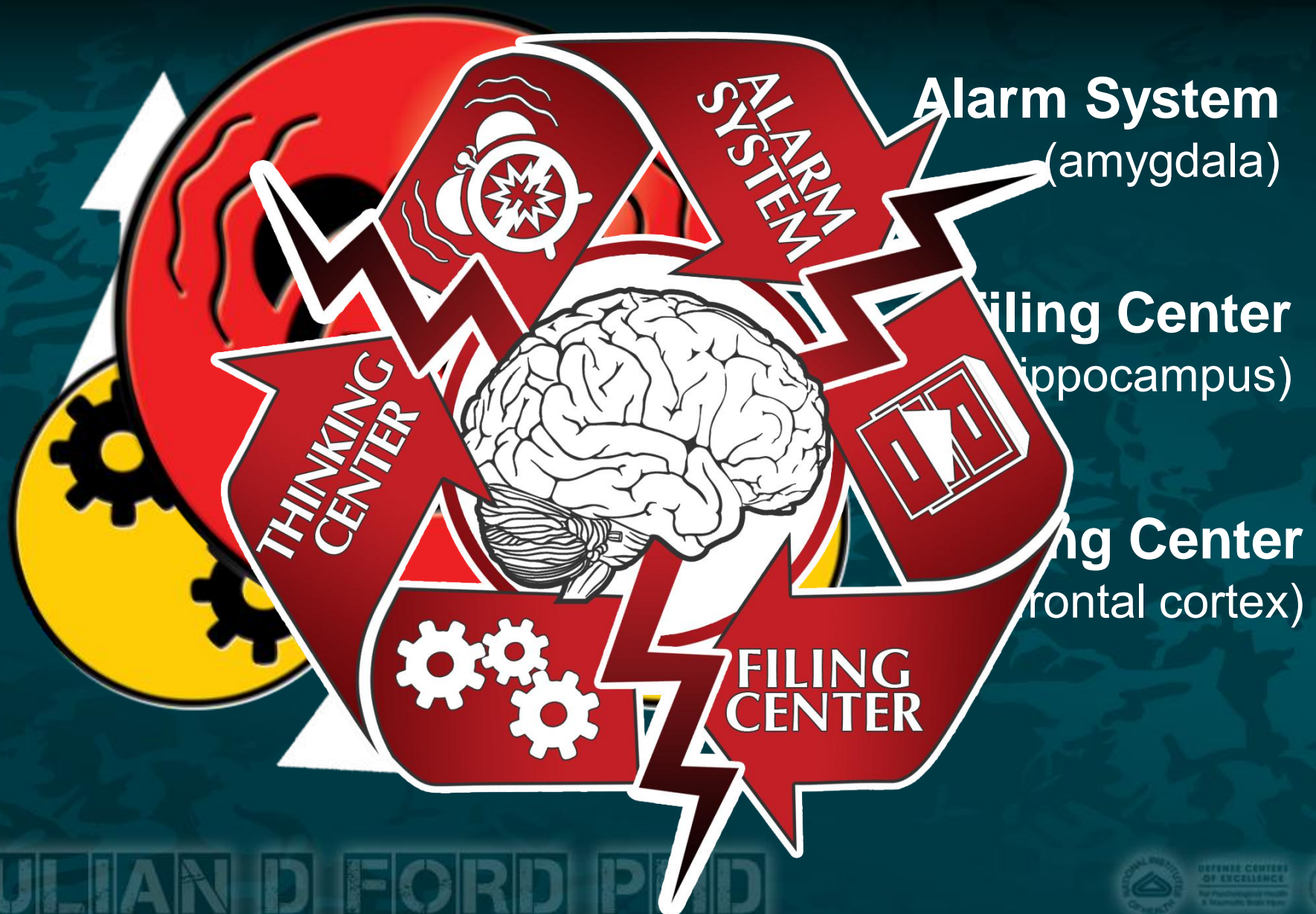
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The Brain Under Extreme Stress



Peanuts Classics ®



How Does TIPEP Enhance Military Families' Skills?

Enabling all family
members to handle
(alarm) reactions
consistent with their
values, goals, and
mutual respect

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SOS: 3 Steps to Focusing

- **Step I: Slow Down**
 - Sweep your mind completely clear
- **Step II: Orient Yourself**
 - Focus on ONE THOUGHT that YOU CHOOSE
- **Step III: Self Check**
 - Stress Level (1 to 10)
 - Personal Control Level (1 to 10)





STRESS
level



PERSONAL
control





How Does TIPEP Affirm Military Families' Strengths?

Validating families' and
military personnel's
courageous & resilient
pursuit of FREEDOM



FREEDOM steps

FOCUS

Slow down, Orient, Self-Check

RECOGNIZE

Stress Triggers

EMOTION

One MAIN Emotion

EVALUATE

One MAIN Thought

DEFINE

One MAIN Personal Goal

OPTIONS

Build On Your Positive Choices


MAKE A CONTRIBUTION

Make the World a Better Place



Implications

- *For Clinicians*: at least 1 TIPEP model should be in every clinician's tool kit.
- *For Researchers*: Studies of TIPEP's efficacy w/military families are needed. (TARGET vs. PE Study begins Jan 2010)
- *For Policymakers*: All military families should get TIPEP educational materials and have access to TIPEP services.



**“You cannot teach a
man anything; you
can only help him find
it within himself.”**

-Galileo

1564–1642, Italian astronomer & mathematician



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